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(54) Title: EXTRACT OF NELUMBINIS SEMEN FOR THE TREATMENT OF DEPRESSION, MEDICINAL COMPOSITE AN DHEALTH FOODS INCLUDING THE EXTRACT OF NELUMBINIS SEMEN

(57) Abstract: Disclosed are an extract of Nelumbinis Semen (*Nelumbo nucifera*) having an antidepressive effect, and a pharmaceutical composition and a health food for treating depression, comprising the extract. The Nelumbinis Semen extract is prepared by extracting Nelumbinis Semen with hot water. Animal behavioral and biochemical studies revealed that the Nelumbinis Semen extract has very strong antidepressive activity and is safe to the body while reducing the side effects of conventional antidepressants. Thus, the Nelumbinis Semen extract is applicable to a composition and a health food for treating depression.

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